

HEALTH WARNING CORONAVIRUS (COVID-19)

INFORMATION FOR TRAVELLERS

Developed a fever or cough?



FEVER



COUGH



SORE THROAT



SHORTNESS
OF BREATH

[KNOW THE SIGNS]



Australian Government
Department of Health

www.health.gov.au



Ten ways to reduce your risk of coronavirus

- ✿ **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- ✿ **TRY** not to touch your eyes, nose or mouth.
- ✿ **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- ✿ **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- ✿ **PHONE** your GP first if you need medical attention. They will tell you what to do.
- ✿ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- ✿ **DON'T** wear a face mask if you are well.
- ✿ **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- ✿ **GET** the flu shot (available April).
- ✿ **SHAKING HANDS** is optional!



Find out more

www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au
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Health
and Human
Services

Pandemic Lockdown: Preparedness List

Before a Pandemic



Store a two week supply of water and food.



Periodically check your regular prescription drugs to ensure a continuous supply in your home.



Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.



Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference.



Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

During a Pandemic

Limit the Spread of Germs and Prevent Infection.



Avoid close contact with people who are sick.



When you are sick, keep your distance from others to protect them from getting sick too.



Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.



Washing your hands often will help protect you from germs.



Avoid touching your eyes, nose or mouth.



Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Agency (FEMA)

Prevention

Basic protective measures against coronavirus



Wash hands frequently

Wash your hands with soap and water or use an alcohol-based hand sanitiser to kill viruses that may be on your hands.



Respiratory hygiene

Cover your mouth and nose when you cough or sneeze. Dispose of the used tissue immediately.



Avoid touching eyes, nose, mouth

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



Maintain social distancing

Keep at least one metre between yourself and anyone who is coughing or sneezing. If you are too close, you can breathe in airborne droplets, including the virus if the person has the disease.

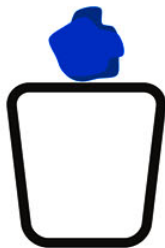
Know the Symptoms



Public Health
Agency



CATCH IT.



BIN IT.

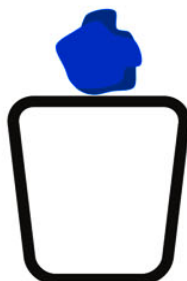


KILL IT.

Public Health
Agency



CATCH IT.



BIN IT.



KILL IT.

COVID-19 (coronavirus)

IF YOU HAVE a cough, **OR** fever, **OR** shortness of breath
AND have been to any of these places in the last 14 days:

- China
- Thailand
- Japan
- Republic of Korea
(South Korea)
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau
- Laos
- Myanmar
- Cambodia
- Vietnam

Or

- Italy between 19 February and 8 March 2020

**Please make your way to your residence, stay indoors
and call the for advice.
Visit [pha.site/coronavirus](https://www.pha.site/coronavirus) for further information.**

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

**Please make your way to your residence, stay indoors and
call the for advice.
Visit www.pha.site/coronavirus for further information.**

COVID-19 (coronavirus)

IF YOU HAVE a cough, **OR** fever, **OR** shortness of breath
AND have been to any of these places in the last 14 days:

- China
- Hong Kong
- Laos
- Thailand
- Taiwan
- Myanmar
- Japan
- Singapore
- Cambodia
- Republic of Korea (South Korea)
- Malaysia
- Vietnam
- Macau

Or

- Italy between 19 February and 8 March 2020

Please make your way to your residence, contact your GP by phone, stay indoors and visit pha.site/coronavirus for advice. If you **DO NOT** have any symptoms you do not need to take any action.

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

Please make your way to your residence, stay indoors and call the [111](tel:111) for advice, **EVEN IF YOU DO NOT HAVE SYMPTOMS**. Visit www.pha.site/coronavirus for further information.

COVID-19 (coronavirus)

IF YOU HAVE a cough, **OR** fever, **OR** shortness of breath
AND have been to any of these places in the last 14 days:

- China
- Thailand
- Japan
- Republic of Korea (South Korea)
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau
- Laos
- Myanmar
- Cambodia
- Vietnam

Or

- Italy between 19 February and 8 March 2020

Please do not enter the surgery.

Telephone the GP reception on:

If you are very unwell please inform the receptionist
at the beginning of your call.

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

Please make your way to your residence, stay indoors and call the
for advice, **EVEN IF YOU DO NOT HAVE SYMPTOMS.**
Visit pha.site/coronavirus for further information.

COVID-19 (coronavirus)

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AND have been to any of these places in the last 14 days:

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- Thailand
- Japan
- Republic of Korea (South Korea)
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau
- Laos
- Myanmar
- Cambodia
- Vietnam

Or

- Italy between 19 February and 8 March 2020

**Please do not enter
the Emergency Department**

Telephone the ED reception on:

If you are very unwell please inform the receptionist at
the beginning of your call.

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

Please make your way to your residence, stay indoors and call the
for advice, **EVEN IF YOU DO NOT HAVE SYMPTOMS.**
Visit pha.site/coronavirus for further information.



Advice on COVID-19 (coronavirus) for places of education

How serious is COVID-19 (coronavirus)?

- it can cause flu-like symptoms, including fever, cough and difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas, see [pha.site/covid19-specified-areas](https://www.gov.uk/government/coronavirus/covid-19/what-we-know-and-are-doing)

How can you stop COVID-19 (coronavirus) spreading?

If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of COVID-19 (coronavirus). If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If a staff member or parent thinks you have symptoms of COVID-19 (coronavirus), they should call **the NHS helpline on 111** for advice. Follow the UK Government advice for childcare or educational settings

Staff, students and pupils who have visited Hubei Province (including Wuhan), China, Iran, lockdown areas in Northern Italy, or Daegu or Cheongdo in South Korea since 19 February 2020, or anywhere in Italy since 9 March 2020, should self isolate, and NOT attend education or work for 14 days.

If there is an emergency, call **999** immediately



COVID-19 (coronavirus)

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AND have been to any of these places in the last 14 days:

- China
- Thailand
- Japan
- Republic of Korea (South Korea)
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau
- Laos
- Myanmar
- Cambodia
- Vietnam

Or

- Italy between 19 February and 8 March 2020

Please do not enter the building.

Telephone your GP for advice.

If you are **NOT** registered with a GP in Northern Ireland,
please contact your local Emergency Department by checking
pha.site/emergency-healthcare-nidirect

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

Please make your way to your residence, stay indoors and call the
for advice, **EVEN IF YOU DO NOT HAVE SYMPTOMS.**

COVID-19 (coronavirus)

Health and Social Care workers

If you have been to any of these places in the last 14 days:

- China
- Thailand
- Japan
- Republic of Korea (South Korea)
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau
- Laos
- Myanmar
- Cambodia
- Vietnam

Or

- Italy between 19 February and 8 March 2020

you should:

- if you have already returned to work, notify your line manager and Occupational Health **by phone** immediately;
- if you have not returned to work, notify your line manager and Occupational Health **by phone** before returning;
- if you have been to a healthcare institution while you were away, notify your line manager and Occupational Health **by phone**.

OR

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

please contact Occupational Health for further advice.

You will be asked to self-isolate for 14 days from your return from these areas.

DO NOT GO TO WORK UNLESS YOU HAVE COMPLETED SELF-ISOLATION AND DISCUSSED YOUR RETURN WITH YOUR LINE MANAGER AND OCCUPATIONAL HEALTH.

If you develop a cough, OR fever, OR shortness of breath within 14 days of your return from an affected area, please contact by phone your GP or out-of-hours provider.

COVID-19 (coronavirus)

Questions and answers for Health and Social Care Staff

Staff from across Health and Social Care have pulled together to help tackle the COVID-19 (coronavirus) outbreak preparations and continue to work tirelessly to ensure that our patients, clients, staff and public are as safe as possible. It is only through the ongoing teamwork of our staff across our services that we will be able to tackle the spread of COVID-19 (coronavirus).

The following questions and answers are set out below to advise and guide staff regarding important employment related issues. The situation relating to COVID-19 (coronavirus) is continually evolving and therefore these questions and answers will be subject to ongoing review and amendment as appropriate.

General information:

1. What is COVID-19 (coronavirus)?

Coronaviruses are a large family of viruses that are common across the world. These viruses can cause mild symptoms ranging from a fever and cough to more serious conditions such as severe pneumonia, shortness of breath and breathing difficulties.

In December 2019, a new strain of coronavirus (COVID-19) was first identified in Wuhan City, Hubei, China. This virus has now spread to other countries. The Chief Medical Officers have declared the risk to the public to be moderate. But the risk to individuals remains low.

2. What are the signs and symptoms of COVID-19?

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 (coronavirus) infection:

- cough;
- difficulty breathing;
- fever.

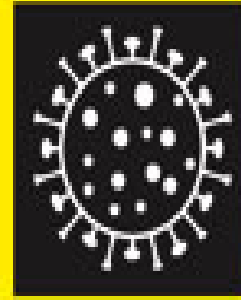
Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease.

3. What do I need to be aware of in relation to patient/client confidentiality and COVID-19?

The usual strict staff obligations in respect of patient/client confidentiality apply in the context of possible or confirmed diagnosis of COVID-19 (coronavirus). This duty extends to protecting the confidentiality of staff who are being treated as possible or confirmed COVID-19 (coronavirus) patients.

Coronavirus

COVID-19



If you feel unwell with cough, shortness of breath or fever: **please phone the doctor first for medical advice.**

This helps to protect other people visiting this surgery today.

Phone us first

Tel:



Wash

your hands well
and
often to avoid
contamination

Cover

your mouth and
nose with a tissue
or sleeve when
coughing or
sneezing and bin
used tissue

Avoid

touching eyes,
nose,
or mouth with
unwashed
hands

Clean

and disinfect
frequently
touched
objects and
surfaces

COVID-19 (coronavirus): Public information

You can help prevent the spread of infection.

The best way to protect yourself and others is:



Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.



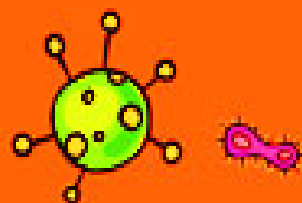
Catch your cough or sneeze in a tissue, bin it, and wash your hands.

If you have recently arrived back from specified areas follow the returning traveller advice.

COVER YOUR COUGH AND SNEEZE



Stop the spread of germs that make people sick



When you cough or sneeze
cover your nose and mouth
with a tissue



or

Cough or sneeze into your
elbow, not your hands.



Throw away your tissue!

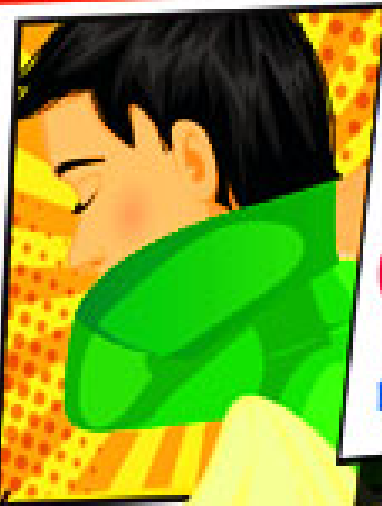
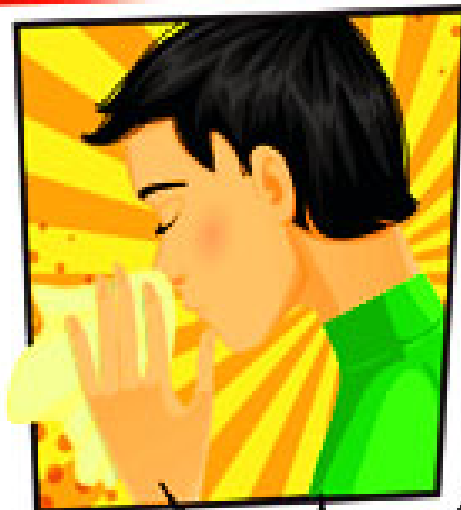
Clean your hands after
coughing or sneezing.

Thanks!



COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



When you cough or
sneeze **cover your
nose and mouth**
with a tissue

OR Cough or sneeze
into your elbow,
not your hands.

**Throw away
your tissue!**



**Clean your hands
after coughing
or sneezing.**

RESIST

THANKS!